

Sports Newsletter

Hello and welcome back to the next Sports Newsletter here at OLS.

Football:

This term we have been practising football drills every Monday (Year 3+4) and every Tuesday (Year 5+6) to prepare for matches/rallies. We have been doing mini matches against each other and practising our dribbling, passing and tackling skills. We have also been doing fitness training to strengthen our muscles. In the Wix Cup, we unfortunately lost against Highover on penalties, then we played Purwell here at OLS and won 3:1. Year 5 and 6 also had football rallies during the final two weeks of term. The girls have also had a game this term too!



Netball:

Every Thursday after school, we go outside to the KS2 playground and do a small warm up, after around 5-10 minutes of doing the warm up, we get into teams of 8 but for each team there is one substitute. We have around 4-8 mini matches, so we all get the chance to try to play in different positions. This term, we have had lots of matches and rallies and we can see ourselves improving each week.



Tag rugby and Dance:

For P.E this term, KS2 have been focussing on dance and tag rugby. We have been learning new skills and developing prior learning in both topic and have seen improvements in our ability, particularly in tag rugby. Playing small sided games after our warm up and drills has really helped us to understanding the rules and develop our game-play thoughts.



Athletics:

This term, we also got the chance to compete against other schools in an indoor athletics competition. All the Year 6's chosen loved the experience and enjoyed challenging themselves against other schools.

Thank you for reading and we'll get another newsletter out to you at the end of the next term. Have a Happy Easter.

Amber, Dainton, Daniel and Harriette (The Sport Leaders)